

Arc of Onondaga

PATTERNS

TURNING DISABILITY INTO ABILITY



Midler Visits Parkside
PAGE 11

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2017, Issue II



A Message From the Executive Director



Ellen Gutmaker

Dear Friends,

As you will see in this edition of Patterns, community is at the forefront of all that we do here at Arc of Onondaga. In the past few months we held a food drive to benefit our neighbors in need here on the west side of the city; did some "spring cleaning" of the neighborhood on Earth Day; celebrated Heart Health; formed a new partnership between individuals supported at our Midler Day Program and some of the children who attend Parkside; and launched our annual Membership Drive campaign.

I ask as we enter into this new Membership Drive year, that you seriously consider becoming a member. The human services field as we know it is rapidly changing and your support is needed to ensure the benefits and services we have in place today can remain for future generations. As you will read on page 8 of this edition of Patterns, membership numbers are used to demonstrate to our elected officials just how many citizens support what we do. Your signature can advocate for so many who may not have the ability to advocate for themselves.

As you will see on page 9, we've also launched our Butterfly Gallery – a great way to honor someone on the walls of our buildings. Please give us a call if you are interested in purchasing a personalized butterfly for someone you would like to acknowledge.

Our annual Achievement Awards Dinner is right around the corner and I'm excited to announce to you our outstanding honorees. We're proud of what we've been able to accomplish and know that none of it would be possible without the determination and commitment of those in the community who help to advocate for us. Please read on in this edition of Patterns to learn about all of our 2017 award recipients and their amazing stories. The Dinner is our biggest fundraiser of the year, and all of the money raised goes right back into funding special programs and projects for Arc. It's not too late to reserve your spot. We are excited to be holding our dinner at the Marriott Syracuse and have some exciting changes that we will be making this year. We hope you will join us on June 8th. Details about the event can be found on page 6.

As we enter into yet another busy summer, I hope you'll mark your calendars for one of our many wonderful events. The RedHouse production of The Secret Garden is coming up in June with all shows featuring individuals we support; the Dunkin' Run Arc Race will be on September 9th and will once again feature our Athletes in Tandem program –affording athletes with disabilities the opportunity to compete alongside paired runners; and the Sensory Garden will soon be in bloom and ready to for seasonal visitors.

We recently gave our website a makeover. Please check it out at www.arcon.org. Remember, if you want to keep up-to-date on all of the latest happenings here at Arc, make sure to "like" us on Facebook, follow us on Twitter or Instagram, and send us your email at GoGreen@arcon.org so we can add you to our e-blast list.

I look forward to seeing you at one of our many events.

As always, your feedback is welcome.

Sincerely,



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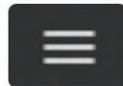
The Midler Singers... How sweet the sounds!

Music is the universal language which brings people of diverse backgrounds together as one. Over the past year, our Midler Day Program formed a performing group with some very talented participants. Singing in front of people is a great way to display a balance between passion and discipline. It is an opportunity to give back to the community and give a voice to those who never knew they had one. Currently, there are 12 members of the group, and there's room to expand. The Midler Singers meet once a week to work on songs for holiday themed concerts, American Standards (Patriotic, folks songs), and special requests. Staff member Jeff Kerr plays the piano and helps guide the music choices. The Midler Singers have presented two programs since their inception and both were a resounding success! They are working with partners within the agency to create opportunities for the group to spread their musical gift. This summer, they are booked to perform at the local ADA Walk, and attendees at our Achievement Awards Dinner will experience the talents of this melodious group on June 8th, when The Midler Singers will entertain during our annual event.



Our website just got a makeover! See for yourself at

www.arcon.org



Menu



2017 Dinner Honorees

Arc Achievement Award

For the past four years, Arc of Onondaga and the Redhouse Arts Center have collaborated to bring the community special performances. Starting in 2013 with "Peter Pan," and including productions such as "Seussical the Musical" and "A Year With Frog and Toad," the partnership between Redhouse and Arc has allowed program participants the opportunity to perform with professional actors from NYC, work with directors and choreographers from across the country, and star in large scale productions in a professional theater. Though culminating on stage with a public performance, the relationship between Redhouse and Arc individuals is one that spans the entire year. Through workshops inspiring artistic creativity, movement, socialization and relationship building, Redhouse staff and actors have been able to inspire, motivate and include Arc individuals in all of the rewarding aspects community theater has to offer. Community inclusion is an important component of Arc's mission and vision, and for this reason, Arc is proud to recognize the Redhouse for their concerted and creative efforts in supporting people with developmental disabilities in the local community.



Mary Carol and Robert J. Fisher Founders Award

The Mary Carol and Robert J. Fisher Founders Award recognizes an individual who has made significant and long-term contributions to Arc of Onondaga, and this year, Arc is proud to recognize Mike Ferony. The support Arc receives from both Mike and his dedicated volunteer staff at UPS has been instrumental in helping the organization achieve success. From landscaping the grounds at Parkside Children's Center and manning water tables at Arc Race, to lending logistical support and transport services for the many projects Arc undertakes, Mike and his support staff have become an invaluable part of the Arc team. A member of the Arc of Onondaga Foundation board of directors, Mike not only serves as treasurer, but is also a member of the executive committee. He has chaired the Arc Race for the past six years, provides sponsorship to the many events Arc participates in throughout the year, and is a generous personal supporter to the Arc of Onondaga Foundation. Mike believes in and carries out Arc's mission every day through his dedicated service to the board of the directors, agency and the Foundation.



Robert D. McAuliffe Community Service Award

SU Food Services will receive this year's Robert D. McAuliffe Community Service Award which recognizes a local business that works to integrate individuals with developmental disabilities into their daily workforce and is dedicated to helping those we serve overcome obstacles. SU Food Services employs six Arc individuals at five dining center locations on both a part and full-time basis. Their supervisory staff are extremely supportive and continually go above and beyond to ensure each worker is treated fairly, and with dignity and respect. They make sure all co-workers are cognizant of any potential risks that may arise on the job and are willing to assist if need be, and ensure that all individuals have the support they need for success when new changes are implemented. SU Food Services also employs individuals with disabilities who do not receive supports from Arc of Onondaga, making them, truly, a commendable employer to work for.



Person of the Year Award

Dori Zografos



The Person of the Year Award recognizes a person with a developmental disability who has demonstrated significant progress towards living an independent, inclusive life to their fullest potential, and this year's recipient, Dori Zografos, has done just that. Wanting to lead a more independent life, Dori –who had a fear of stairs and falling – spent over 10 years living in an apartment setting. Her fear of falling and walking without assistance limited her activities in the community and was affecting her personally. Two years ago Dori made the decision to move to a single story Arc residence and since then, has flourished. With the support of staff Dori learned to walk independently, and as her comfort level rose, her self-confidence skyrocketed. She walks regularly on a treadmill, joined a gym, changed her nutritional plan, and has lost 50 pounds. Her newfound confidence has also inspired her to become her own advocate. She now makes active decisions regarding her own healthcare, including researching and finding a new doctor. She has learned how to navigate the Call-a-Bus system and uses it on a regular basis, joined the Participant Advocacy Council, and earned the mail run position at Arc's administrative offices; a position which requires a lot of walking. In her spare time, Dori enjoys spending time with her significant other, and thanks to her newfound confidence, now plans special date nights and day trips in the community, making sure to take care of all of the details herself.



23rd Annual

Achievement Awards Dinner

June 8, 2017

Marriott Syracuse Downtown

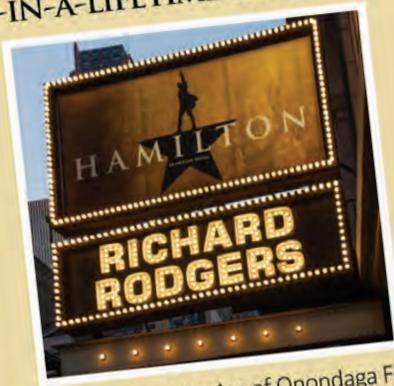
Join us as we celebrate the many achievements made by people with developmental disabilities and honor the businesses and community members who support them. Enjoy cocktails, dinner, and live & silent auctions.

For more information call:

476.7441 x 1147

www.arcon.org/events/dinner

GET YOUR PADDLES READY FOR THIS
ONCE-IN-A-LIFETIME OPPORTUNITY!



As part of the live auction, the Arc of Onondaga Foundation will be auctioning off the

ULTIMATE BROADWAY HAMILTON EXPERIENCE

complete with:

- 3-course pre-show dinner with 2 cast members
- 2 rear mezzanine tickets to "Hamilton: An American Musical"
- In-theater meet and greet with a cast member
- Signed Hamilton cast poster
- \$500 VISA gift card



"Hamilton" is already one of the most successful Broadway musicals of all time. Since it opened in New York in 2015, the show – a musical about the life of American founding father Alexander Hamilton and the American revolution – has sold out its whole run, won the Pulitzer Prize for drama, and was nominated for a record-breaking 16 Tony awards, eventually winning 11.

Tickets for "Hamilton" are in such demand that people are camping overnight for standby tickets. Luckily, you won't need your tent, just a pen to check off your bucket list. This Hamilton Experience includes two tickets to the hottest show in town, dinner with two cast members, AND an in-theater meet and greet as well!

- Winning bidder to provide three date options
- Additional tickets can be purchased upon booking, based on availability
- Experience must be booked a minimum of 60 days in advance
- Bidding starts at \$5,500

Enjoy an elegant evening downtown at Arc's 23rd Achievement Awards Dinner

Thursday, June 8, 2017

Marriott Syracuse

315-476-7441 x1147

www.arccon.org

Arc of Onondaga Foundation

Dinner of the Month Raffle

Enter for TWO chances to win

Dine out for a year and experience CNY's finest cuisine with 12 gift certificates valued at \$50 a piece (a \$600 value)

Winners to be drawn on June 8, 2017 @ 8:45 pm

\$20 per ticket or \$50 for 3 tickets

Call 315-476-7441 for tickets

Winner need not be present to win



Arc of Onondaga Foundation

2017 Jewelry Raffle

Time after Time

*14k White Gold Diamond Pendant with 14k 18" Chain
Designed from the frame of a vintage watch by longtime Arc supporter, Bradley's Jewelers*



*1/2 carat of diamonds total weight
(a \$750 value)*

Winner to be drawn on June 8, 2017 @ 8:45 pm

*\$10 per ticket or \$20 for 3 tickets
Call 315-476-7441 for tickets*

Winner need not be present to win

Arc Holds Developmental Disabilities Awareness Month Food Drive

Proceeds benefit local pantry



In honor of Developmental Disabilities Awareness month and in support of community integration, this past March, Arc of Onondaga held its annual Developmental Disabilities Awareness Month food drive. "Every year we challenge our employees to donate five items in five days and the results are always impressive," said Ellen Gutmaker, executive director for Arc. "We knew this year would be no different." The drive, now in its sixth year, is an easy way to give back yet still has a tremendous impact on our community. "We only ask for five specific items," said Ellen. "Items which the pantry deems as those in highest demand. Everything donated goes right back out into our community helping those in need. It's easy, it's meaningful, and it packs an enormous punch."

All proceeds from the drive go to benefit the St. Paul's Westside Food Pantry at Brown Memorial Church, a food pantry in the Wilbur Avenue office's own backyard! "We're excited to give back to our own neighborhood," said Ellen. "The local pantry serves close to 225 families a month and fifty percent of everything that goes into

the bags for the families are either donated or bought with donated money. It's a great feeling to know that a simple way to make a difference can help so many in such a big way."

YOU Spoke, the GOVERNOR Listened

DSP's to receive wage increase in 2018 thanks to statewide advocacy efforts

Just as Developmental Disabilities Awareness Month was coming to an end, the Governor announced that your voices - and the voices of people with developmental disabilities - were heard!

This past March, during the "Ring of Care" Rally, Governor Cuomo pledged his support to include \$55 Million in the NYS Budget to compensate a living wage for Direct Support professionals. He announced his commitment to include funding for a 3.25% wage hike for direct care workers starting in January 2018, and an additional 3.25% wage hike for direct care staff starting in April 2018. In a dramatic gesture to emphasize his commitment to the cause, the Governor raised his right hand and stated "this hand will not sign a budget unless there is \$55M in it!"

The #bFair2DirectCare campaign is the voice of 128,000 New Yorkers with developmental disabilities who often cannot speak for themselves. Their year-long advocacy effort strove to remind state leaders that direct care not-for-profit agency workers are agents of the state who need a fair rate of pay which is commensurate with their vital support responsibilities. Whether you made phone calls, signed a petition, shared information on social media, or attended one of the many rallies orchestrated by #bFair2DirectCare, thank you for making a difference in the lives of people with developmental disabilities and the Direct Support Professionals who work with them!

Thank You!

#bFair 2DirectCare

Support People with Developmental Disabilities With Your Signature - Become a Member

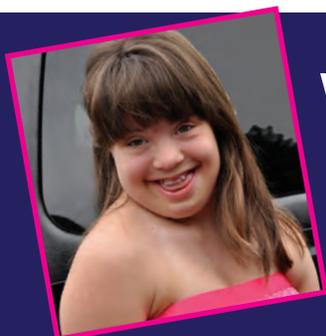
Membership numbers are used to demonstrate to our elected officials just how many citizens support what we do. **The larger our membership, the larger influence our advocacy efforts will have with legislative and governmental officials** - supporting tens of thousands of children and adults who have developmental disabilities and cannot advocate for themselves.



Your membership helps NYSARC chapters:



- Influence policy and funding decisions of county legislators, boards of education, community services boards, village and city administration
- Advocate for people with intellectual and other developmental disabilities
- Fund information, education, advocacy and support programs for parents, family members and the general public
- Help people with developmental or intellectual disabilities plan for their own services
- Find volunteers for critical programs and policy efforts
- Develop legislative agenda that reflects the needs of people with intellectual and developmental disabilities
- Provide leadership and training opportunities
- Build coalitions with parents and professional organizations in planning and implementing public policy on a statewide level



We Need **YOUR** Membership!

Becoming a member is **EASY** and only requires a signature and a dollar. We are asking **all supporters of Arc of Onondaga** to rally together during these critical times and **take the "10 for 1" Challenge**.



- 1) Go to **www.arcon.org** and download the membership 10-for-1 form (if you need a form mailed to you, please call 476.7441)
- 2) Collect \$1
- 3) Recruit 9 of your friends, family members, neighbors, and social organizations to sign their names. For every name, collect \$1.
- 4) Mail the form and money back to the Arc offices at



Arc of Onondaga Membership Drive
600 S. Wilbur Ave.
Syracuse, NY 13204



Arc's Butterfly Gallery is Taking Flight

Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can.

~ Anonymous

Arc of Onondaga is proud to announce the release of our Butterfly Gallery. Beautiful butterflies can now be seen flying throughout the halls of Arc's administrative office sharing special thoughts and memories with those passing by. When you make a tax-deductible gift of \$39, your name, or the name or message to a loved one, will forever be memorialized as a permanent fixture on Arc's walls. All donations collected from the butterfly gallery help the Arc of Onondaga Foundation fund projects and improvements for program and services that may otherwise go unfunded.

To learn more or purchase a butterfly call 315.476.7441 x 1103 or go to www.arcon.org/butterfly-gallery



Registration OPEN!



**Arc Race
2017**

Goodie bags and t-shirts for all participants

FINISHER medals for all RUNNERS

Visit our Runners Fuel Station

stocked with post-race performance food and drinks

www.arcrace.org

5K • Half Marathon • 3K Fun Walk • KIDZ 1 Mile Fun Run

Saturday, September 9th

Long Branch Park, Liverpool

All Around the Arc



A sock eating plant?!

Cast from the Redhouse's school tour made a stop this past January at Arc's Lancaster day site to perform the extraordinarily hilarious production of "The Plant That Ate Dirty Socks," a fun-filled musical celebrating individuality, brothers working together, and the most disgusting and unusual plant food ever!



Valentines from afar

This past February, members of Arc's Participant Advocacy Council took time out of their busy meeting to make and send Valentine's Day cards for deployed troops overseas. Thanking them for their continued service, the group crafted inspiring messages of hope, love and pride, reminding them all of how much they are appreciated.



Luck o' the Irish to ya!

Day sites celebrated St. Patrick's Day in style with a green-themed extravaganza. Sporting their favorite lucky shirts and derbies, individuals partied in style complete with crafts, beads, food, games, music, dancing and, of course, a photo booth!



Celebrating Heart Health



Arc's Wellness Committee celebrated health by hosting its first-ever Heart Day Celebration on February 28th. The day included activities, raffles, manicures, and visits from Aspen Athletic Club, Rite Aid and the American Heart Association. Also at the event were computers to encourage staff and individuals to register for the 2017 Syracuse Heart Walk. The annual event draws thousands from the local community and serves as the largest fundraiser for both the American Heart and American Stroke Associations. "We're proud to have had a team participating again in this year's walk," said Christine Price, Arc's nurse manager and Wellness Committee coordinator. "We even had a special Zumba fundraiser the Thursday before to help pay for everyone's race registration." The fundraiser, which took place at PEACE, Inc. in Syracuse, not only included a night of Zumba, but raffles and visits from local gyms.



All Around the Arc



Earth Day 2017

Over 50 Arc of Onondaga staff and program participants celebrated Earth Day this April with some good ole' fashioned spring cleaning. Armed with garbage bags, tongs and gloves, Arc supporters took to the streets picking up trash and debris in an effort to beautify their surrounding neighborhoods.



NEW Midler/Parkside Partnership

Talk about a special visit!

Individuals from our Midler Day Program recently spent time at Parkside Children's Center at Dr. King School. Activities included crafts and story time. Judging by the smiles on everyone's faces, a great time was had by all!

Future visits are already being planned, and it looks like this is the beginning of a beautiful partnership.

Parkside at
Dr. King and HW Smith
PRESCHOOL SUMMER PROGRAM
FREE FULL-DAY UPK

NOW ACCEPTING APPLICANTS

Parkside at Dr. King
416 East Raynor Ave.
Syracuse, NY

Parkside at HW Smith
1130 Salt Springs Rd.
Syracuse, NY

315.468.1632

www.parksidechildrenscenter.org



Call today and learn more about how Parkside can prepare your child for the future.

Registration is OPEN and ONGOING.





Arc of Onondaga
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Syracuse, New York 13204

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Executive Director
Ellen Gutmaker

Marketing & Communications Specialist
Patterns Editor
Christine Hall

Photographer
Christine Hall

Arc of Onondaga is an Equal Opportunity Employer

SERVICES:

Arc of Onondaga is one of the largest providers of services to people with developmental disabilities in Onondaga County serving thousands of individuals and their families and employing 500 people. With nearly 40 different sites throughout Central New York, Arc provides a wide array of services including residential, day, employment and clinical, and recreation programs. In addition to these supports and services, Arc operates two major subsidiaries: Parkside Children's Center, an integrated preschool and Monarch, a vocational program and outsourcing company with corporate partners throughout the region.

Clinical Services 476-7441
Horizons Clinic Ext. 1167

Day Services
Day Habilitation 579-5625
Senior Retirement 579-5625

Community Outreach & Family Support Services 473-5068
Community Recreation Services
Corporate Guardianship
Medicaid Service Coordination
Family Reimbursement

Monarch 476-7441
Community-Based Employment 432-5560
Supported Employment 437-2025
Transition to Career 437-2025
Work Centers 424-6000

Parkside Children's Center 468-1632
Evaluation Services
Family & Parent Support
Pre-School
School-Age Transition
UPK for SCSD

Residential Services 476-7441
Residence Living Ext. 1160
Supportive Apartment Living

Administrative Offices 476-7441
Office of the Executive Director Ext. 1122
Development & Public Relations Ext. 1103
Facilities & Operations Ext. 1162
Finance Ext. 1152
Human Resources Ext. 1173
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Safety / Transportation Ext. 1155
Quality Assurance Ext. 1127
Fax 476-7446